

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



Dr. Sinatra's **WATERMELON COOLER**

This cooler is a delicious and refreshing treat. [Watermelon](#) is loaded with healthy nutrients and vitamins such as lycopene; beta carotene; vitamins A, C, K, B1, and B6; [magnesium](#); and potassium, making this cooler an extremely [nourishing beverage](#). Remember to include some of the white rind in your juice, as it contains many nutrients. Topping it off, the fresh mint adds a zip that will have your taste buds singing!

Choose organic produce whenever possible

- 3-4 cups watermelon cubed including the inner white rind
- 1 cucumber
- ½ head of romaine lettuce
- 1 lime, peeled
- Small bunch of fresh mint leaves

For more great recipes visit [Dr. Sinatra's Recipes for Health page!](#)